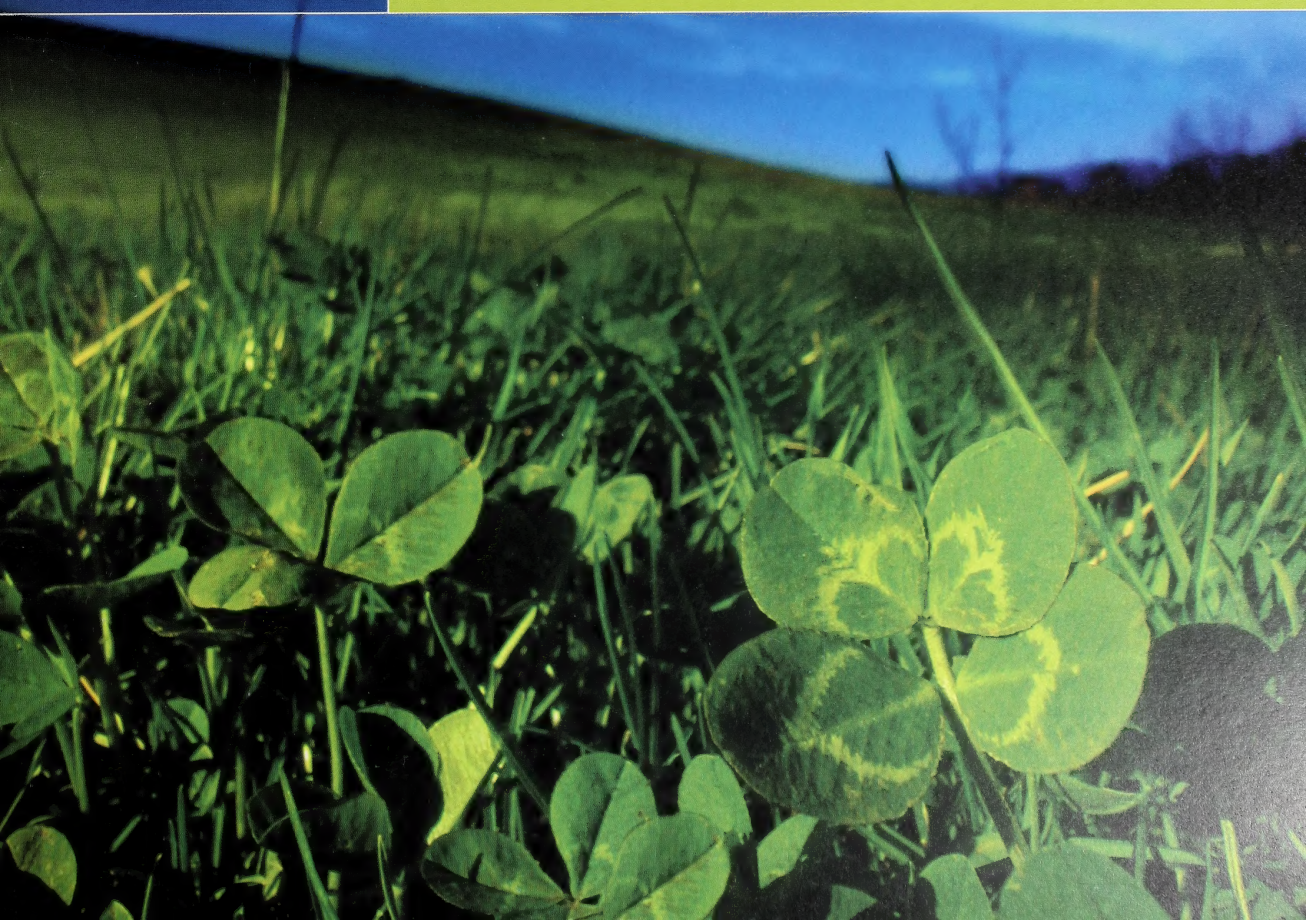



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# HEAD • HEART • HEALTH • HANDS



A GUIDE FOR ALBERTA 4-H FAMILIES





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# HEAD • HEART • HEALTH • HANDS



[www.4h.ab.ca](http://www.4h.ab.ca)

A GUIDE FOR ALBERTA 4-H FAMILIES

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**Published by**

4-H Branch

**Alberta Agriculture, Food and Rural Development**

7000 - 113 Street NW Rm 200, Edmonton, Alberta, Canada T6H 5T6

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Parts of this manual were adapted from the Ontario and Saskatchewan Family Guides.

**[www.4h.ab.ca](http://www.4h.ab.ca)**

Updates to this manual will be posted on [www.4h.ab.ca](http://www.4h.ab.ca)

September 2003

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## WELCOME TO 4-H IN ALBERTA

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Congratulations on becoming a part of the best youth program available! Through hands on experience, you will build communication, leadership, teamwork and goal setting skills. According to the 'Measures of Success' Survey conducted by Ipsos Reid and the Canadian 4-H Council:

- 31% of alumni had completed a university degree, certificate or diploma, compared to 16 per cent nation-wide.
- 59% of alumni had a household income of over \$50,000, compared to 45 per cent nation-wide.
- 85% of alumni would recommend 4-H membership to young people, according to initial results released in a survey of 4-H.
- 88% of leaders surveyed say the key goals and objectives of 4-H are relevant to today's youth.
- 89% of leaders surveyed said the 4-H program was beneficial or very beneficial to youth in terms of contributing to their personal or career experience later in life.

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# UNLIMITED OPPORTUNITIES

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## THE 4-H FAMILY

Although the 4-H project is the member's responsibility, there are many activities that the whole family can take part in. The entire family is welcomed and encouraged to attend meetings, achievement days and social events. Committed parents and families of 4-H members play a large role in having a successful club.

Parents can help make the 4-H experience rewarding by:

- Being informed
- Promoting 4-H in their community
- Showing personal interest
- Offering their services and knowledge
- Supporting 4-H activities
- Sharing their knowledge
- Developing a sense of fair play
- Showing appreciation to local 4-H leaders

## YOUNG PEOPLE

With over 30 projects ranging from business to photography and livestock to web design members can build specific project skills in addition to communication, leadership, teamwork and goal setting skills.

## THE LEADERSHIP TEAM

Volunteers (18 or older) have the opportunity to gain skills through leader training programs, trips and events. Volunteer leaders organize activities and help members set and achieve goals. Leaders are encouraged to tap into the supportive network of key leaders, staff and council members. (See volunteer job descriptions on page 13)

## THE ROOTS OF OUR PAST, THE PROMISE OF THE FUTURE

4-H in Canada began in Roland, Manitoba in 1913. The first clubs, known as Boys and Girls Clubs, consisted of sewing, cooking, gardening and livestock projects and focused on the quality of the project or product. Members worked hard to train the best calf, grow the largest crop or bake the finest cake. However in the 1950's, the program began to put more focus on the personal development of its members rather than the quality of their products so that they would become outstanding leaders within their communities.

Today, 4-H in Canada provides support for more than 35,000 members and 10,000 leaders. Worldwide, there are over 7 million members in 80 countries.

Since 4-H began in Alberta in 1918, one in seven Albertans has gone through the 4-H program. Alberta 4-H currently has the largest youth program in Canada with over 8,100 members and 2,400 volunteers in 442 clubs. Our partners continually strive to improve opportunities for members, families and leaders.

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## THE 4-H CLUB

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A club consists of a minimum of eight members between the ages of 9 and 20. Each club member must work through one of the available 4-H projects. Members in a club may all work together on the same project type or members may choose different ones. (The list of possible projects begins on page 6)

### FEES

Members pay an annual membership fee to support the ongoing creation of new projects, programming costs, insurance fees and volunteer training. The club and district may charge additional fees for programs and events they provide.

### YEAR

Most 4-H clubs organize in the fall and meet once or twice each month. Clubs end each year with an Achievement Day where members exhibit their project work for the community (usually takes place in June or July).

Single project clubs usually combine business and project meetings. Multi-project clubs usually have a monthly joint business meeting and separate project group meetings. In addition to project activities, clubs plan and carry out social, recreational and community service functions.

### EXECUTIVE

4-H clubs elect an executive of members who conduct the business meetings during the year.

#### President

Oversees all actions of the club including organizing and running the meetings.

#### Vice-President

Acts as an assistant to the President, must be able to assume the President's duties when required and possibly to host visitors and special guests to the club.

#### Treasurer

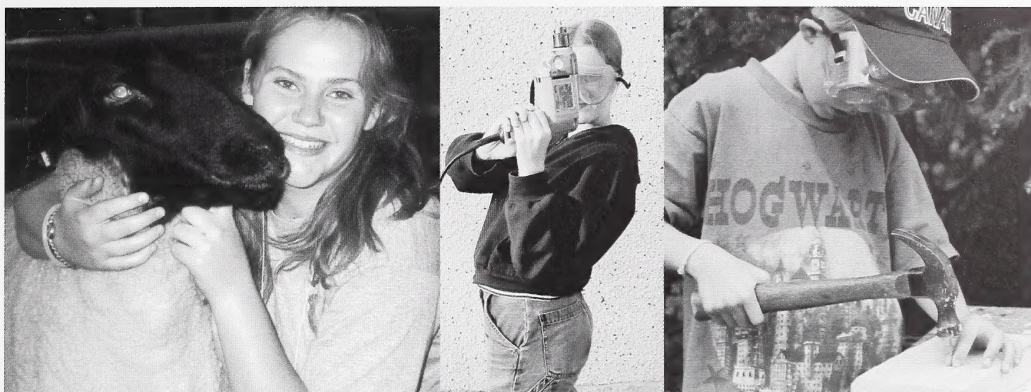
Keeps track of all the money received and/or paid out.

#### Secretary

Keeps notes on all events and motions, including outcomes and amendments of each meeting. He or she must be prepared to read these at the next meeting. The Secretary also handles any committee reports or letters of correspondence.

#### Club Reporter

Informs the public of club activities and events. He/she does so by notifying radio, television, magazines, school newsletters and the Cloverleaf Quarterly. The Club Reporter should also check the 4-H website before each meeting and notify club members of important news that pertains to their clubs activities.



*The 4-H Motto is 'Learn to Do by Doing' - this refers to all aspects of the 4-H program, including meetings. 4-H meetings should be run by the 4-H members. They may ask for comments from parents when needed.*

## MEETING AGENDA

Below is a sample of a typical 4-H meeting agenda:

- Welcome and Call to Order
- 4-H Pledge
- Greetings and introduction of visitors and guests
- Roll Call
- Minutes of last meeting
- Discussion of business arising from the minutes
- Correspondence
- Reports:
  - Treasurer
  - General Leader
  - Project Groups
  - Committee Reports
- Unfinished (old) Business
- District and Regional Reports
- New Business
- Announcements
- Date, time and place for next meeting
- Adjournment of meeting
- Club program
- Recreation and/or lunch

# PROJECTS

With over 30 projects available, choosing just one or two can be a real challenge. Whether you are deciding to be a project leader, member or active parent, thinking about the following questions will help to make your choice a little easier:

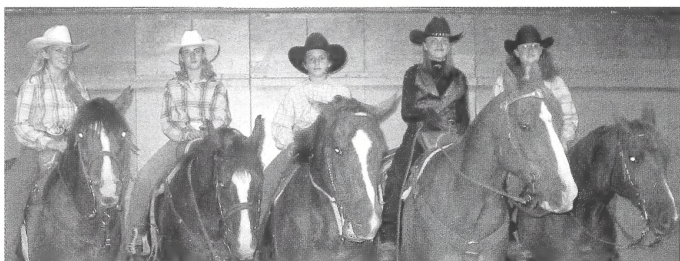
- What interests you most - hobbies or activities?
- What do you like to do when you are with family and friends?
- What do you like to do in your spare time?
- What would you like to make, do or become?

After you have answered these questions, look through the projects offered in this guide and list the ones that interest you. If you can't find a perfect fit, remember that the Creative Opportunities Project (COP) lets you design your own project!

## LIVESTOCK

The 4-H Livestock manuals are set up in a progressive learning format. Members acquire an understanding of livestock production and management through the experience of owning, caring for, showing, marketing products and maintaining records. Each livestock project has its own specific format to highlight all of the options in their industry.

- Beef
- Dairy
- Goat
- Sheep
- Swine
- Alternative livestock  
(Bison, Llama or Alpaca)



## HORSE

4-H horse units are set up in a progressive learning format. Members acquire an understanding of horse management through the experience of owning, caring for, training, riding and maintaining records on a horse project. Begin with basic horsemanship levels 1 to 3 then continue to the areas of Western, English or Young Horse.

## ENVIRONMENT

### Nest Boxes for Prairie Birds

Build nest boxes to attract birds to the farmstead. Learn the skills to identify prairie birds, birdcalls, migration patterns and distribution.

### Outdoorsman

Learn valuable outdoor skills. Specialized activities such as backpacking, trail riding, cycling, canoeing, camping and environmental study are encouraged. Senior members progress to survival and winter camping, orienteering and game management.

## **Wildlife Habitat**

Learn to identify, understand and appreciate wildlife on your own land.

## **Field Crops**

Grow and manage a crop of your choice in an area of at least five acres. Discover the techniques necessary to grow, maintain and market crops.

## **Range Management**

Gain knowledge in plant and grass anatomy, and soil and range management principles. Experience is gained through camp programs, field days, project tours and learning activities.

# **SMALL ANIMAL**

## **Apiculture**

Study and manage hives of bees and market the honey. Hives and bees must be your own property.

## **Canine**

Explore all aspects of raising a dog. Learn how to keep your dog healthy and teach it good manners and simple obedience. Advanced members may follow up with breed showing and agility and stock dog training.

## **Pheasants**

Purchase pheasant chicks in May or June and raise them over the summer. Construct a pen and monitor the development of the pheasants. You may raise and release, butcher or sell the pheasants. This project works in conjunction with the Brooks Wildlife Centre who provide chicks and feed.

## **Poultry**

Discover the poultry industry. Find out the basics of breeding, feeding, nutrition and management through raising broilers and layers.

## **Rabbit**

Select, care for, feed, manage, market and house rabbits. Keep records as you watch your animals grow.

# **TECHNOLOGY, TRADE AND LIFE SKILLS**

## **Automotives**

Learn driving skills and knowledge about the selection, maintenance, mechanics and operating costs of a vehicle. The club has an opportunity to get involved in rallies, economy runs, competitions and car rodeos. This project is for members over 14 years of age.

## **Business Cent\$**

Plan and run your own business! Work closely with a community mentor to develop skills to start, manage, financially plan, keep records and market a small business. This project can be taken on its own or in conjunction with another 4-H project.

### Clothing

Start with sewing tools, patterns, fabric, interfacings, hems and facings, then cover construction techniques, clothing care, colour usage and figure flattery. Explore pattern adjustments, wardrobe planning and shopping for items you need to compliment your personally designed wardrobe.

### Computer

Be sure to keep up with technological advances! The manual is set up in mini and major projects that help you use different programs and take technology to new heights.

### Crafts

Create you own crafts project! Choose crafts that interest you, work with others to develop your skills and show them off at fairs and exhibitions, or simply craft beautiful gifts and decorations to enjoy!

### Exchange

See the world! Travel on a three to four week exchange. Members in this project plan, host, travel and report on their experiences. Some exchanges take 2-3 years to complete and the memories last a lifetime! Exchange is offered to members 12 years of age and older.

### Foods

Explore the culinary arts! Be trained in various aspects of food preparation to create wholesome meals and tasty treats while becoming familiar with sound nutritional principles.

### Gardening

Grow beautiful gardens! Gain knowledge of the conditions and tools required for success in the horticulture industry, and learn how to maintain gardens and crops for the years to come.

### Photography

Take your photography from "Ho hum" to "Wow!" Includes activities, ranging from step-by-step guidance for the beginner to challenging photo assignments that develop "the photographer's eye" in the experienced photography member.

### Theatre Arts

Prepare to perform! This 4-H project highlights drama and the performing arts. Whether your passion lies on stage or behind the scenes, this is your chance to shine as you create your own standing ovations.

### Small Engines

Learn about engine power, the stroke cycle engine, the two-stroke cycle engine and the essential components and functions of the engine. You have an opportunity to take engines apart, reassemble them and maintain a variety of engine types.

### Snowmobile

Learn the basic skills, dress, safety habits and laws governing the sport of snowmobiling. Become a skilled and safe snowmobile operator to enjoy trips and outings during Alberta's winters.

### Tractor

Learn about the uses, mechanics and maintenance of tractors while practicing good safety habits.

### Welding

Develop the basic skills and learn the concepts of arc welding, oxyacetylene welding and soldering.



### **Veterinary Science**

Learn animal health, physiology, meat and poultry inspection, care of market and pet animals and disease prevention. Learn with Veterinary professionals and gain hands on experience in both large and small animal practices. Veterinary Science is offered to members 14 years of age and older.

### **Woodworking**

Learn and discover the woodworking industry. Explore all aspects of wood science including products, processing, building, finishing and creating items and gifts.

### **Judging**

Want a challenge? Let's Judge provides a brief overview of judging which includes the purpose, procedures, process and reasons. Several units on specific animals are available.

## **CREATIVE OPTIONS PROJECTS (CHOOSE ONE OF THE THREE OPTIONS)**

### **Exploring Your Interests**

Pursue an area of interest to you! This could be an extension of a current project or a topic unrelated to a current project area.

### **Sharing Your Skills**

This project requires you to pick a definite area of responsibility within the club or district, carry it through to completion and share your experiences with your club.

### **Organizing a Major Event**

Plan and carry out a major event for the club, district or region.

## **4-H AS A SCHOOL CREDIT**

To find out how 4-H can be taken as a school credit, talk to your Principal or Counsellor regarding Career and Technology Studies in your school.



## 4-H MEMBERS

### MEMBER OPPORTUNITIES

There are many opportunities available to both members and volunteer leaders beyond the club level such as training, trips, programs and scholarships. Information on most of these can be found in the 4-H Program Booklets that are published four times per year in each issue of the Cloverleaf Quarterly. Your key leader and Regional 4-H Office will also have details about these programs as well as information on district and regional events. You can also check out the 4-H website at [www.4h.ab.ca](http://www.4h.ab.ca).

### TRAVEL

Senior 4-H members have the opportunity to be a recipient of many 4-H travel opportunities including:

- National Citizenship Conference in Ottawa
- National 4-H Conference in Toronto
- National Careers Conference in Winnipeg
- United States National 4-H Conference in Washington D.C.
- Alberta/Northwest Territories Agriculture Tour
- Inter-Provincial Exchanges to British Columbia, Ontario, Quebec and the Maritimes
- 4-H Livestock Regional, Provincial and International Judging Competitions and Clinics
- District, Region and Provincial Public Speaking Competitions
- District & Regional Activities

## SCHOLARSHIPS & BURSARIES

Over 110 provincial scholarships worth more than \$80,000 are awarded each year to past or present members of 4-H that are enrolled in post secondary institutions. In addition, various regions have bursaries and scholarships available to members in their respective regions and the 4-H Millennium Fund provides an opportunity for clubs to apply for grants. Additional information can be obtained from the Provincial 4-H Office, 4-H Foundation of Alberta or at [www.4h.ab.ca](http://www.4h.ab.ca).

## MEMBER REQUIREMENTS

### The Record Book

Developing skills in record keeping is an important part of 4-H. Here are a few tips to help your 4-H member complete your record book:

- Use a binder. A binder makes it easy to remove pages or add more, if necessary
- Use the same colour pen from start to finish. Typewriter or computers are acceptable
- Use white out, dry line or neatly cross out your mistakes
- Be colourful - use pictures or drawings
- Work on and check your record book regularly
- Ask a Junior Leader or older member for help
- Don't leave your record book until the night before Achievement Day
- Check to make sure your charts, math & formulas are correct
- Check spelling and use a dictionary if necessary
- Remove dividers or mark pages you were not required to do with "N/A"
- Use dividers to separate and identify the sections of the record book

### The Communication Activity

Each member must participate in a communications activity. Examples are speech, presentation, emceeing a banquet, etc. The activity must be:

- Prepared by the member
- Presented by the member in front of a group
- At least three minutes in length

### The Achievement Day

Members demonstrate what he or she has learned throughout the 4-H year on Achievement day. 4-H clubs decide on the type of Achievement Day and the level, if any, of competition that can be expected. Check with your club to learn about their Achievement Day expectations.

### Attendance

Members must attend a minimum of 70% of club activities.

# 4-H MEMBER OPPORTUNITIES

Program	Who Can Apply? (ages are as of Jan. 1 current club year)	Deadline	More Information
4-H Ambassador Training	4-H Ambassadors from each region that were chosen at Selections	Informed by mail / e-mail	Contact the 4-H Provincial Office
Alberta Girls Parliament (Girl Guides Program)	Girls who are at least 15 years of age Two members will be selected	January 15	Winter Program Booklet
Selections	Members 16 years of age and older	January 15	Winter Program Booklet
Provincial 4-H Bison Day	Members who are interested in bison	February	Spring Program Booklet
Club Week	Members 15 years of age and older	April 15	Spring Program Booklet
Youth Entrepreneur Camp (Community Futures)	Members between 13 – 15 years A total of four will be selected	May 15	Spring or Summer Program Booklet
4-H Scholarship Program	Past or present 4-H members	May 15	Website <a href="http://www.4h.ab.ca">www.4h.ab.ca</a>
4-H Camp Programs	Members between 9 – 14 years	May 15	Spring or Summer Program Booklet
Leadership Through Counseling Seminar (LTCS)	Members 15 years of age and older	May 15	Spring or Summer Program Booklet
People Developing People (PDP)	Members between 13 – 15 years	May 15	Spring or Summer Program Booklet
Provincial Beef Heifer Show	Beef Members	June 1	Spring or Summer Program Booklet
Provincial Horse Classic	Horse Members	June 1	Spring or Summer Program Booklet
Provincial Dairy Show	Dairy Members	July	Spring or Summer Program Booklet
Provincial Judging Competition	Members 16 and older who have qualified at a regional competition	July 15	Spring or Summer Program Booklet
Take the LEAP!	Members between 16 – 20 years	September	Spring or Summer Program Booklet
Provincial Public Speaking & Presentation Finals	The top two public speakers & presenters in each region participate	Not Applicable	Website <a href="http://www.4h.ab.ca">www.4h.ab.ca</a>
ATB Financial 4-H Award of Excellence	Members with required dairy points Leaders apply for awards	See Order Form	See order form in club start up package

# 4-H VOLUNTEERS

## VOLUNTEER OPPORTUNITIES

4-H volunteers are the strength of our program. Volunteers share the desire to help young people learn the skills they need to be successful in life. These include how to work with others and the importance of becoming responsible citizens. Volunteers bring enthusiasm, energy, skills and knowledge to the 4-H program. 4-H volunteers will:

- Assist members to plan meetings
- Facilitate organization of club social events
- Find interesting and exciting ways to develop project skills for members
- Teach record keeping
- Be a friend, mentor and advisor to the 4-H members
- Motivate and encourage members
- Complete the screening process for 4-H leaders

## 4-H VOLUNTEER JOB DESCRIPTIONS

### General Leader Duties:

- Administration of details such as club registration forms and club supplies required by your club.
- Ensure that the club provides opportunities for members to develop effective projects and personal skills.
- Ensure your club is represented on your District 4-H Council.
- Ensure regular meetings are held.
- Encourage regular work on record books.
- Oversee the general operations of the club.
- Communicate information to members, leaders, families and Alberta 4-H staff.
- Support and encourage members and leaders.
- Ensure that enjoyable social and recreational events are planned.
- Promote a fun and secure atmosphere for members to learn and have fun.

### Project and Assistant Project Leader Duties:

- Lead and assist members in a specific project area.
- Provide regular project sessions with a focus on building members project skills while reinforcing that they "Learn to do by doing."
- Teach the 4-H pledge and motto.
- Provide up to date project support material and news to members.
- Encourage work on record books.
- Encourage members to take part in 4-H activities at club, district, regional and provincial activities.
- Regularly evaluate members' project knowledge.

### Junior Leader Duties:

- A junior leader is both a 4-H member (18+) as well as a leader.
- He or she must register in a 4-H project and complete that project.
- He or she can also lead a project or assist a project or general leader.
- A junior leader is not eligible for leader award trips but can participate in 4-H member activities.
- He or she receives credit for both the leader and member 4-H year.



## **VOLUNTEER SCREENING**

In order to ensure a safe environment in which young people can learn and grow, the Alberta 4-H Council has a Volunteer Screening Process for all registered volunteers.

This requires:

- Completion of an application form
- Submission of three references
- A Criminal Record Check
- Level 1 Leader Training Session or Home Study within the first year

4-H volunteers must be re-certified every five years. The Alberta 4-H Council accepts the responsibility of developing policies and procedures which nurture safe, positive and caring relationships for members, leaders, staff, parents and the community at large.

## **TRAVEL**

Leaders have the opportunity to travel to many programs including:

- National and Alberta Leaders' Conference
- Western Regional Leaders' Conference in the US
- National Members Conference, Citizenship Seminar, and the International 4-H Judging Seminar as chaperones

## LEADER OPPORTUNITIES

Program	Who Can Apply?	Deadline	More Information
Leaders' Conference	Leaders and key leaders	November	Fall or Winter Program Booklet
Leader Travel Opportunities	Selected by regional council: minimum 2 years as a leader (up to 5 required)	Contact Regional 4-H Office	Winter Program Booklet or Contact the Regional 4-H Office
Volunteer 4-H Hall of Fame	Outstanding 4-H Volunteers can be nominated	June 15	Winter or Spring Program Booklet
Volunteer Opportunities at Summer Programs	4-H alumni or leaders with at least 2 years of 4-H involvement	Selected by June 1	Spring or Summer Program Booklet
Provincial 4-H Beef Leaders' Update (BUD)	Beef Leaders	October	Summer or Fall Program Booklet (held every second year)
Provincial 4-H Equine Leaders' Forum	Horse Leaders	January 15	Fall Program Booklet (held every second year)
Provincial Horse Classic	Horse Leaders	June 1	Spring or Summer Program Booklet
Pins and Certificates	Leaders completing 3 years will receive first pin (5 years for certificate)	Not Applicable	Contact the Regional 4-H Office
4-H Life Skills, Technology & Trade Leader Update	Life skills, technology & trade leaders	September	Fall Program Booklet (held every second year)
Key Leader Training	Key leaders from each district	Informed by mail / e-mail	Contact the Regional 4-H Office

## CLUB OR FAMILY OPPORTUNITIES

Program	Who Can Apply?	Deadline	More Information
4-H Youth Exchanges Canada	4-H Clubs	Mid November	Fall or Winter Program Booklet
Alberta Shelterbelt Program	4-H Clubs	January 15	Fall or Winter Program Booklet
Highway Cleanup	4-H Clubs	Opens February 15	Contact the Regional 4-H Office
Canada / Japan Exchange Program	Individuals or families	March 15 or May 15	All Program Booklets



## 4-H PARTNERS

The success of Alberta 4-H can be attributed to the unique partnerships between volunteers, government staff, the 4-H Foundation of Alberta and sponsors. Each partner provides an important element to the programs.

### 4-H Branch

The 4-H Branch is a dynamic, client-focused branch of Alberta Agriculture, Food and Rural Development that is dedicated to developing leadership, interpersonal and technical skills through a strong partnership of volunteers, industry and government.

### Alberta 4-H Council

The Council was established in 1971 and consists of two representatives elected from each of the seven regional councils, two representatives from the 4-H Alumni, the past president and the representative to the Canadian 4-H Council. The Executive Secretary (a provincial staff member), two 4-H Ambassadors and two sponsor representatives are nonvoting members.

### 4-H Foundation of Alberta

The 4-H Foundation of Alberta was formed in 1977 as a nonprofit charitable foundation to build and operate the Alberta 4-H Centre. Since then, thousands of 4-H members, youth groups, corporations, government departments and others have worked at and enjoyed the Alberta 4-H Centre at Battle Lake.

### 4-H Sponsors

Sponsor support is one of the key reason why the 4-H program effectively meets the needs of its members and adult volunteer leaders. It enables 4-H to provide high quality educational material and programming to members and leaders.

If you want to become a sponsor, know of a potential sponsor or just want assistance in approaching a potential sponsor, please contact:

#### Provincial 4-H Office

Henry Wiegman, Sponsor Liaison  
780.427.4532  
henry.wiegman@4hab.com

#### 4-H Foundation of Alberta,

Bruce Banks, Executive Director  
780.682.2153  
bruce.bank@4hab.com

Visit our website [www.4h.ab.ca](http://www.4h.ab.ca) for more information on our Provincial sponsorship program.





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## ALBERTA 4-H INSURANCE INFORMATION

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Our policy covers registered leaders, members and adult volunteers that assist with 4-H activities. It provides coverage for general liability, lost income and accidental death and dismemberment.

### **How Does Liability Insurance Work?**

**There must be property damage or injury to a person(s).**

The policy does not cover your injuries or damage to your property. The idea is to protect you from claims made by others.

**If you are legally responsible, you (the insurance company) must pay for the damages. You must not have intentionally caused the damage.**

If you meet these criteria and the loss is covered by the policy, the insurer will provide (and pay for) legal council as well as pay the final settlement amount up to a maximum of \$5,000,000.

**Medical payments in excess of provincial health plans are also covered. Liability insurance does not replace automobile insurance.**

If you use your own vehicle on 4-H business (including driving 4-H members), your automobile policy will be the first to respond to an accident claim. To ensure that you have coverage when you need it, prior advise your insurance broker. It's important that your insurance company has full information before any accident that might occur.

More information on the 4-H insurance policy can be found in the Leaders' Information Manual or on our website [www.4h.ab.ca](http://www.4h.ab.ca)

## MORE INFORMATION FOR YOUR FAMILY

### WWW.4H.AB.CA

Everything you need to know, and more, is available on the 4-H web site. Spend some time getting familiar with the site and check it often for updates, news, programs, manuals and more. Each family has access to up-to-date information at their fingertips. 80% of 4-H families are on-line now!

### CLOVERLEAF QUARTERLY

The publication that 4-H families call their 4-H 'Bible' comes four times a year.

- February 1
- April 15
- August 15
- November 1

Read it cover to cover. It is full of local stories, articles and the Provincial Program Booklet with event descriptions and registration information.





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## THINGS TO REMEMBER

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### **4-H MOTTO**

*'Learn to Do by Doing'*

### **4-H PLEDGE**

*I pledge*

*My head to clearer thinking,*

*My heart to greater loyalty,*

*My hands to larger service,*

*My health to better living,*

*For my club, my community and my country*

### **OUR MISSION**

*To develop youth as self reliant, contributing individuals with marketable skills to succeed in today's society.*

### **OUR VISION**

*4-H in Alberta is the youth organization of choice to develop marketable skills and outstanding community leaders.*

### **OUR PHILOSOPHY**

*4-H is young people and adults learning project and life skills, cooperating and having fun together, sharing leadership and learning to do by doing.*

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## 4-H PHONE BOOK

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4-H has a dedicated staff and volunteer team ready to assist you with your 4-H club.  
Give your closest 4-H Specialist a call Toll free at 310-0000 then dial:

Peace Region	780.835.2241
Northwest Region	780.674.8248
Northeast Region	780.853.8115
West Central & East Central Region	403.742.7547
South Region	403.381.5815
Provincial Staff in Edmonton	780.422.4444
Provincial Staff in Airdrie	403.948.8509
Branch Head	403.948.8510
Marketing and Communication	780.427.0753
Leadership and Resource Development	780.427.4466
Sponsor Liaison and Agricultural Projects	780.427.4532
Provincial Programs/Trips and Screening	403.948.8508
Alberta 4-H Centre and 4-H Foundation of Alberta	780.682.2153
My Local 4-H Volunteer Contact	

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[www.4h.ab.ca](http://www.4h.ab.ca)

**Alberta**  
AGRICULTURE, FOOD AND  
RURAL DEVELOPMENT  
4-H Branch

